

Gilbert Yoga

Prenatal Yoga Teacher Training

Summer 2019

Start Date: Saturday, June 22nd 12:00pm

Required Contact Hours meet in group classes on the following dates:

Sat. – Sun. June 22- 23rd (30 hr. & 85 hr.)

Sat. – Sun. June 29 -30th (30 hr. & 85 hr.)

Sat. – Sun. July 13-14th (85 hr.)

Sat. – Sun. July 20-21st (85 hr.)

Additional contact hours will be fulfilled by attending current ongoing Prenatal Yoga classes at Gilbert Yoga. These classes must be completed between dates June 10th- July 27th (completed registration required)

Breakdown of Hours

M/Th/Sat. Prenatal Classes (choose 2-3 to attend each wk, total of 6 required for 30hr. 18 for 85hr.) M: 6-7:10pm, TH: 7:30 - 8:40pm, Sat. 9-10:15am	6 x 1.25 hrs. (30 hr.) 18 x 1.25 hrs. (85 hr.)	Total 7.5 hrs.(30 hr) Total 22.50 hrs. (85 hr)
Sat/ Sun Required Class Time Sat 12:00 - 4:00pm Sun 10:30am - 4:30pm 10 hr. workshop time TBD	2 x 4.0 = 8 (30hr) 4 x 4.0 = 16 (85 hr) 2 x 6.0 = 12 (30hr) 4 x 6.0 = 24 (85 hr)	Total 17.50 hrs. (30hr) Total 40 hrs.(85) Total10 hrs. (85 hr)
Required Contact Hours:		Total 27.50 hrs.(30 hr) Total 75 hrs.(85 hr)
Non-Contact Hours	Homework, Practicum	Total 2.50 hrs (30 hr) Total 10 hrs (85 hr)
**2.5 hrs. for completion scheduled for graduation at the end of course		Total: 2.50 hrs (85 hr)
Total PYTT		30 hrs 85 hrs

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